



# NEWS

5425 Robin Hood Road, Suite 203  
Norfolk, Virginia 23513-2441

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For more information, contact:  
Deborah R. Kallgren, (757)314-6471

## **TRICARE Mid-Atlantic Designates Reserve Liaison Officer**

(Norfolk, Va.) – The TRICARE Mid-Atlantic Region now has a reserve liaison officer (RLO) in its Norfolk office to help activated guardsmen and reservists and their family members understand and use TRICARE, the military health care benefit.

When reservists are called to active duty, they must quickly prepare their families to manage all aspects of the household while they are activated. Part of that preparation is becoming knowledgeable about TRICARE.

“When reservists are mobilized, they may wonder how their families will access TRICARE,” said Rear Admiral Clinton E. Adams, TRICARE Mid-Atlantic Lead Agent. “We’ve designated our new RLO to answer their questions by phone and e-mail, as well as to physically go to reserve units to explain the military health care benefit.”

Families of activated reservists and National Guard members become eligible for health care benefits under TRICARE Standard or TRICARE Extra on the first day of the military sponsor's active duty, if his or her orders are for more than 30 consecutive days of active duty. When the orders for active duty are for more than 179 days, family members may enroll in TRICARE Prime or TRICARE Prime Remote. To use this option, they must complete enrollment forms and use military medical facilities and TRICARE Prime network providers. Family members who live in North Carolina and Virginia (excluding Northern Virginia) are in the TRICARE Mid-Atlantic Region, regardless of where the service member's mobilization station is located.

Captain David W. Munter, TRICARE Mid-Atlantic Executive Director, said, “Our goal is to help the families transition into TRICARE. We don't want reservists on active duty to be distracted worrying about health care for their families.”

Currently, the RLO is Lt. Col. Dominic Ubamadu, an activated reservist who is a veteran of the TRICARE program. He has several years of TRICARE operations experience, which

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includes a recent Active Duty tour as department head of Communications and Customer Service at TRICARE Mid-Atlantic.

“I’ve worn many hats: first as an Army Reservist, then as active Army, followed by active Air Force. I’m now an Air Force Reservist privileged to work in the TRICARE office. I’m eager to help our activated service members and their families understand TRICARE,” said Lt. Col. Ubamadu. “Many of them have never used the benefit, or it’s been a while since they were covered by TRICARE. We hope to ease some of their health care anxiety while the reservist is away.”

Captain Munter encourages reserve and guard units within the region to contact the TRICARE Mid-Atlantic office to schedule meetings or briefings for their service members or family members once they receive their mobilization warning orders.

The RLO may be contacted at 757-314-6080 or via e-mail at [reserve.liaison@mh.tma.med.navy.mil](mailto:reserve.liaison@mh.tma.med.navy.mil).

Activated reservists and National Guard members should check with their reserve centers or unit commanding officers to make sure that all information about themselves and family members is current and accurate in the DEERS (Defense Enrollment Eligibility Reporting System) database. Incorrect information can result in enrollment and appointment disruptions, delayed claims processing, problems with pharmacies and the National Mail Order Pharmacy (NMOP) benefit, and other difficulties. For information about DEERS enrollment, they may contact DEERS toll free from 6 a.m. to 5 p.m. Pacific time at 1-800-538-9552.

For specific information on TRICARE for reservists, log on to the TRICARE Mid-Atlantic Web site at [www.tma.med.navy.mil](http://www.tma.med.navy.mil) and click on “reservists.”

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